

Ruth's one page profile

What is important to me at work

I keep working to find a home life balance that enables me to do the things I want to do work wise and spend good quality time with my family.

I like to have my fingers in lots of pies I work best when I see how all concepts fit together.

I am a very visual person and need colour, graphics or diagrams to help me see things.

My Myers Briggs type is ENFP, this suggests that I will rely on my ability to improvise rather than have detailed instructions. I need to understand the 'why, what and purpose' of something then I can find my own way of doing it.

I need to have conversations with real people; email is not my preferred form of communication.

I must feel valued in the work I do and know it is making a difference to people's lives.

I must never be late for an appointment or training.

In order to get the best from me we must have fun and make time for conversations.

What others like and admire about me



How best to support me

I really struggle with home/work balance, this is because I find it difficult to say 'no', especially when it is something I am passionate about or find interesting. Please check out that I have the capacity.

I have two jobs and fit my admin in wherever possible, please remind me about the things you want me to prioritise; send me a text, this really works for me.

Bad atmospheres make me feel physically sick. I will go very quiet and try to work out the reason. If I have upset or offended you please let me know then we can talk about it.

I rely heavily on my intuition, it is usually right. This might not make sense to you, please bear with me.

I sometimes assume that you will know how I am feeling; I have been told that I would not make a good Poker player, check out how I am.

I always have a plan of the work to be achieved on any given training day, however I will use my judgement and creativity in order to get the same results.

Please send me a text when you want me to respond immediately, I spend very little time in the office so do not always pick up emails in a time that you think is reasonable.